

Adult & Teen Karate

RKA Family Karate offers martial arts programs for teens & adults 13 and up. We offer classes in traditional Okinawan Kempo, Modern Arnis (Philippino stick fighting), Small Circle Ju-jitsu and Torite Jutsu (pressure point grappling). The program we offer to the adults has been taught to police departments and S.W.A.T teams. The techniques we teach have been field-tested. They are taught to you in a safe and controlled environment. **Classes are held: Mondays 8:00-8:30pm; Tuesdays 7:00-7:30pm; Wednesdays 8:00-8:30pm; Thursdays 7:00-7:30pm; Fridays 4:15-4:45pm & Saturdays 10:45-11:15am.** All classes are 8 weeks long and are designed to take you through your first belt of our system. Cost: \$70 for one class a week or \$125 for two classes a week. Participants are required to purchase a uniform for \$30 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!). All checks made payable to "RKA Family Karate".

Ninjutsu

RKA Family Karate offers martial arts programs for teen & adults 16 and up. Learn the ancient art of the Samurai and the Ninja. This class is designed to teach armed and unarmed self-defense. The participant will learn to use their entire body to amplify the simple movements for better speed and power. **Classes are held on Mondays 7:00-8:00pm; Wednesdays 7:00-8:00pm; Fridays 7:45-8:45pm & Saturdays 12:00-1:00pm.** All classes are 8 weeks long and are designed to take you through your first belt of our system. Cost: \$70 for one class a week or \$125 for two classes a week. Participants are required to purchase a uniform for \$30 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!). All checks made payable to "RKA Family Karate".

Cardio Kickboxing

Cardio Kick Boxing is an incredible workout. Using the punches of boxing, and the kicks of karate you get a workout that is second to none. Our classes are split between rhythmic cardio, resistance training on the heavy bags and floor work. Cardio Kick Boxing will get you into fantastic shape burning hundreds of calories an hour while you learn proper form for kicking and punching. **Our classes are offered mornings on Monday/Wednesday/Friday 9:30-10:30am and Saturday 8:00-9:00am. Our evening classes are offered on Tuesday/Thursday 8:15 - 9:15pm.** Our 8 week session costs only \$60 for unlimited classes (Gloves and wraps are an additional \$30 you will need these for the bag work). All checks made payable to "RKA Family Karate".

Session 1 February 27 – April 22, 2006

Session 2 April 24 – June 17, 2006

Session 3 June 19 – August 12, 2006

All classes will be held at RKA Family Karate located at 8 Roosevelt Place in Somerville.

For more information about RKA Family Karate visit www.rkafamilykarate.com.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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Bridgewater Recreation Spring/Summer 2006

Adult Karate/Cardio Kickboxing

checks payable to "RKA Karate"

Last Name: _____ First Name: _____ Circle Gender: Male or Female
 Mailing Address: _____ Town: _____ Zip: _____
 Home Phone #: () _____ Work Phone #: () _____
 Cell Phone #: () _____ E-mail Address: _____

Check appropriate Session:

- ☐ Session #1 (February/April)
☐ Session #2 (April/June)
☐ Session #3 (June/August)

If signing up for more than one program or session, please use separate checks and forms.



Adult Karate

- ☐ Mon/Wed (8:00-8:30pm) – \$125
☐ Tues/Thurs (7:00-7:30pm) – \$125
☐ Fri (4:15-4:45pm) – \$70
☐ Sat (10:45-11:15am) – \$70



Ninjutsu

- ☐ Mon/Wed (7:00-8:00pm) – \$125
☐ Fri (7:45-8:45pm) – \$70
☐ Sat (12:00-1:00pm) – \$70



Cardio Kickboxing

Please indicate days planning to attend for better programming. \$60 for unlimited classes!

- ☐ Monday (am) ☐ Tuesday (pm)
☐ Wednesday (am) ☐ Thursday (pm)
☐ Friday (am) ☐ Saturday (am)

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Participant Signature _____

Date _____

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